

Chicken Satay (Serves 2)

@willdavies11

Ingredients

500 g chicken breast, diced
1 tbsp fresh ginger, finely grated
2 large cloves garlic, minced
2 tbsp soy sauce

2 tbsp tomato purée
1 chilli, diced
2 tbsp (~40 g) peanut butter
240 ml chicken stock
4 spring onions, finely sliced

olive oil
seasoning, to taste

200 g brown rice (or noodles)

Method

In a large bowl, mix the chicken, ginger, garlic and soy sauce. Refrigerate and leave to marinate for 10 minutes, or up to to 2 hours.

Cook the rice according to packet instructions.

Heat the oil in a large wok and add the chicken. Once cooked, remove from the wok and set aside.

Add the tomato purée, chilli, peanut butter and most of the spring onions to the wok. Soften, then add the chicken stock and chicken and bring to the boil. Cook for a further two minutes until heated through.

Garnish with the remaining spring onions and serve with the rice (*or noodles*).